

## Town of Winchester

Board of Health  
71 Mt. Vernon Street  
Winchester, MA 01890

Tel: 781-721-7121  
Fax: 781-729-1794



David W. Heinold, CCM  
Richard Maggio  
Jessica Fefferman, MPH  
Jennifer Murphy, Director  
Kathy Whittaker, RN

June 2009

To the Parent/Guardian of Winchester student:

The Winchester Board of Health, in collaboration with the Winchester Public Schools, will be offering a voluntary FluMist® (Influenza Virus Vaccine Live, Intranasal) vaccination clinic in October 2009 for all Winchester students in grades five through twelve. This program is subject to final approval by the school committee. Please note, this vaccine protects against the seasonal flu and not the H1N1 (swine) flu.

The FluMist will be administered by registered nurses from the Board of Health and school department. This clinic will take place during school hours in your child's school. The cost will be \$15.00 per person.

FluMist is a gentle mist that is sprayed into the nostrils and is approved for healthy people from 2 through 49 years of age. Those with long-term health problems such as asthma, heart disease, lung disease, or diabetes should not get FluMist. Please refer to the attached CDC Vaccine Information Statement for more information.

The recommendation of the Centers for Disease Control and Prevention is to vaccinate all children from 6 months through 18 years of age for the flu. This recommendation should reduce the risk of influenza infections among children of all ages, and their need for medical visits and missed time from school. It will also reduce influenza among household members and people within the community.

The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and while rare, can at times lead to death. The best way to prevent the flu is by getting a flu vaccination each year.

Further information, as well as a consent form for your child to participate in this school-based influenza prevention program will be sent to you in September 2009.

**To help with planning over the summer, please email [jbyford@winchester.us](mailto:jbyford@winchester.us) at the Board of Health if you think your child (dren) will participate in next fall's FluMist clinic. Please identify what school and grade your child will be in next fall. Your response to this survey does not obligate your child's participation in the fall clinic.**

Thank you.

Kathy Whittaker RN  
Public Health Nurse  
Board of Health